

Developmental Competitive and Jr. Red practice Groups

Each day play outside and keep moving for at least 30 minutes at a time.

Keep in Mind. This period of quarantine will pass! Stay active and exercise to the best of your ability! Elevating your heart rate helps relieve stress, improves your mind and just makes you feel better overall.

Suggested activities so Far:

- Go for a bike ride, or ride a scooter around the neighborhood, with a grown up and don't forget your helmet!
- Jump Rope! How long can you go without messing up?
- Go for a run. How far can you run without stopping? Can you run a Mile or 2 miles? Build into this alternating running and walking. Run a minute, walk a minute, run 2 minutes, walk 30 seconds etc.
- Set up two markers in your yard or driveway, 15-30yds apart depending on room. Do Each activity between the markers, or the same exercise there and back.
[repeat or mix up exercises for 10-15 minutes. Rest between rounds]
Jog / Skip / Butt Kicks / Sidestep / Karaoke / Lunges / Bunny Hops / Bounds / Sprint
- In one spot. :30 seconds of each exercise
[repeat or mix up exercises for 10-15 minutes. Rest between rounds]
Jog / Skip [Get knees up high] / Butt Kicks / Squats / Forward Lunges [Keep chest up]
Jumping Jacks / Walk outs [Bend over and walk out to a full plank, then walk hands back in and stand up] / Sprint [run as fast as you can, in one spot, driving your arms and knees]
- **Have Chalk? Try these games/activities**
See the following U-Tube link for the game & rules
Hop Scotch. <https://www.youtube.com/watch?v=fZzswQaICfM>
Four Square. <https://www.youtube.com/watch?v=3snA-57CiX8>

Do whatever works best for you and your family!

Mix it up, something different each day!

Try some Yoga. Improve flexibility, body posture and relax.

Here's a U-Tube link to a easy relaxing 20minute Yoga for beginners.

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

KEEP WORKING YOUR CORE!

Try to do this 2-3 times a week. More is never a problem

Keep working Flutter Kicks, Planks, Crunches & Plank Walks.

Create a little core circuit with all the exercises.

Alt. exercises :20-30 work with 10-15 rest or longer if needed.

New Core: Try to do each exercise for 20-30 seconds at a time, building up to a 1 Minute.

Y-hold: Lay on your Stomach, arms straight out front to form a Y. Lift your Chest, arms and legs up as high as possible and hold. Squeeze your glutes as tight as possible.

Swimmers: In the same position as Y-hold, alt. arms and legs raising up & Down

- **Hula Hooping** is a good fun way to work your core. How long can you Hoop? Can you Streamline while hula hooping?
- Keep practice your Streamline. **Can you do a Streamline Wall sit?**
Sit against a wall, knees at 90° and hold a Streamline. Try for 15-30 seconds at a time!